

A Note on Accenture Therapy on Cancer

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Some individuals with cancer may consider utilizing" complementary remedy "in expansion to standard cancer treatment. Complementary curatives are utilized to

- Reduce the side effects of cancer treatment
- Improve physical and emotional well- being
- Improve recovery from cancer

Talk with your health care team before trying or adding any reciprocal curatives to your standard treatment. They can help you safely combine similar curatives that are right for you. When you discuss a reciprocal remedy with your health care team and they agree that it's safe to try as part of your overall cancer care, this is called "integrative medicine."

Types of complementary therapies

There's scientific evidence that these complementary curatives can be helpful and people with cancer find them useful for improving their quality of life

- Acupuncture
- Yoga
- Tai chi and qigong
- Meditation
- Music and art therapy
- Massage
- Physical activity
- Nutrition

How does acupuncture help people with cancer?

Acupuncture includes the utilize of exceptionally lean needles or weight to invigorate particular focuses on the body. Needle therapy causes changes within the sash, which is the connective tissue that covers your muscles and bones [1]. This could lead to changes within the brain, comparable as the discharge of chemicals like serotonin or changes in electrical movement. These changes are thought to explain, in part, how acupuncture works to treat different symptoms [2]. Acupuncture is a common practice in traditional Chinese drug and there's further and further exploration showing how acupuncture can help people with cancer with different side effects.

Acupuncture has been shown to

- Relieve pain
- Reduce chemotherapy- induced nausea and vomiting
- Reduce side effects including hot flashes
- Help with dry mouth
- Acupuncture may be able to help with these other symptoms, although there's less exploration

- Headache
- Fatigue
- Sleep problems
- Appetite loss and weight changes
- Diarrhoea and constipation
- Anxiety during procedures
- Swallowing difficulties
- Lymphedema

Integrative medicine is an approach to medical care that combines conventional drug with CAM practices that have shown through wisdom to be safe and effective [3]. This approach frequently stresses the patient's preferences, and it attempts to address the mental, physical, and spiritual aspects of health.

Conventional medicine is a system in which health professionals that holds anM.D. (Medical doctor) orD.O. (Doctor of osteopathy) degree treats symptoms and conditions using medicines, radiation, or surgery. It's also practiced by other health professionals [4], similar as nurses, pharmacists, physician assistants, and therapists. It may also be called allopathic drug, biomedicine, Western, mainstream, or orthodox drug. Some conventional medical care practitioners are also practitioners of CAM.

Standard medical care is treatment that's accepted by medical experts as a proper treatment for a certain type of complaint and that's extensively used by healthcare professionals. Also called best practice, standard of care, and standard remedy.

Complementary drug is used along with standard medical treatment but isn't considered by itself to be standard treatment. One illustration is using acupuncture to help lessen some side effects of cancer treatment. Less exploration has been done for most types of complementary medicine.

Indispensable drug is used rather of standard medical treatment. One illustration is using a special diet to treat cancer rather of cancer medicines that are specified by an oncologist [5]. Less exploration has been done for utmost types of indispensable drug.

For details about specific CAM therapies, NCI provides substantiation- based Physician Data Query (PDQ) information

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for many CAM therapies in versions for both the patient and health professional.

Treatment in allopathy and ayurveda

Allopathy treatment involves radiation therapy, chemotherapy along with necessary drug. it's the only system used in cancer cases and is one of the veritably vigorous treatments, which every case cannot bear and it also compromises the immunity of the patient.

Ayurveda treatment focus on maintaining health using Rasayana treatment, it not only focuses on treating karkat arbuda but also helps in adding the impunity of the patient. Ayurveda treatment also involves contemplation and yoga which helps in adding will power of the case, that's mansik chikitsa principally and every case can bear this treatment and shows good results in treating cancer cases.

Herbal drugs in advance cancer treatment

- GUGGUL it's one of the effective painkillers in Ayurveda and has a sterol called guggulsterone which hasanti-tumor action and is helpful in controlling abnormal cell growth.
- KAANCHNAR it also hasanti-cancerous properties, inhibits abnormal cell growth, and is helpful in bleeding disorders.
- GUDUCHI it's one of the best herbs that helps in boosting immunity, reducing oxidative stress, hasanti-cancer activity. Also balances all three doshas.

- TRIPHALA it includes Amalaki, bhibhitak, and haritaki. All these three have wonderful action on the body, balance all three doshas, boost immunity, and has theanti-oxidant property to reduce oxidative stress, also hasanti-cancerous action.

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Conflict of Interest

The authors declare that they are no conflict of interest

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